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Category: Type 2 Diabetes

Full-Fat Dairy Products May Protect Against Type 2 Diabetes

[admin](#) | October 16, 2014 | [Comments \(0\)](#)

For years we have been told that a low-fat diet, and in particular the avoidance of saturated fats, will reduce the risks of both type 2 diabetes and its most important complication, heart disease. But recent research has shown that not all saturated fats are equal and that those in dairy products could actually help [...]

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Insulin For Type 2 Diabetes Could Raise Cardiovascular Risks

[admin](#) | July 24, 2014 | [Comments \(1\)](#)

Insulin is the hormone that takes sugar out of your blood and metformin is a medication that makes insulin work better, so you might think that a combination of metformin and insulin would be a good option for managing type 2 diabetes. That's apparently what many doctors think too, since the number of prescriptions for [...]

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The Official Dietary Guidelines For Diabetics Have It All Wrong

[admin](#) | July 3, 2014 | [Comments \(0\)](#)

New figures show that the UK has the third highest rate of obesity in Western Europe, with 67 per cent of men and 57 per cent of women being overweight or obese¹. At the same time, the number of people with diabetes in the UK has climbed to almost three million, with 90 per cent [...]

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Eating Yoghurt Could Cut The Risk Of Type 2 Diabetes

[admin](#) | March 27, 2014 | [Comments \(0\)](#)

In an earlier blog post, I discussed research findings on dairy products and diabetes risk. While these showed some conflicting results regarding cheese consumption, fermented dairy products, such as yoghurt, did seem to stand out as having a positive effect on reducing the chances of developing type 2 diabetes. Recently, a study carried out at [...]

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Why Has Insulin Use By Type 2 Diabetics Skyrocketed?

[admin](#) | March 13, 2014 | [Comments \(1\)](#)

Which group of patients tops the list for prescriptions of injectable insulin? Easy, you might think. It has to be people with type 1 diabetes (also called insulin-dependent diabetes). But you'd be wrong. For the first time, the number of insulin prescriptions written for type 2 diabetes has outstripped those for type 1 diabetes. Researchers [...]

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Avoid Potentially Disabling Diabetic Foot Ulcers

[admin](#) | March 7, 2013 | [Comments \(1\)](#)

One of the most frequent complications of diabetes is neuropathy or nerve damage, which can cause diabetic foot ulcers. The commonest type of diabetic nerve damage is called peripheral neuropathy and affects the nerves in the feet and legs. This type of neuropathy can lead to a condition called diabetic foot ulcers and other problems [...]

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Restoring Insulin Production In Type 2 Diabetes

[admin](#) | October 2, 2012 | [Comments \(1\)](#)

In people with type 2 diabetes, problems usually begin with insulin resistance, which prevents the hormone insulin from opening up the "cellular gateway" that lets glucose move from the bloodstream into the cells. This puts pressure on the pancreas to produce more and more insulin, as the body attempts to rectify the situation. Eventually though, [...]

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Chronic Inflammation Can Cause Type 2 Diabetes

[admin](#) | September 25, 2012 | [Comments \(1\)](#)

Insulin resistance is a feature of type 2 diabetes and is generally thought of as a precursor to the disease. Yet, the fact is that only about a third of people with insulin resistance go on to develop type 2 diabetes involving impaired insulin production. So what makes these people different? Genetic factors, as well [...]

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How Getting A Good Night's Sleep Can Help Prevent Type 2 Diabetes

[admin](#) | March 26, 2012 | [Comments \(0\)](#)

When it comes to lifestyle changes for managing diabetes, most of us are aware of the importance of eating sensibly and getting enough exercise. But there is another lifestyle factor that can have a dramatic effect on diabetes: sleep. Each of us has a body clock, which tells us when we need to sleep and [...]

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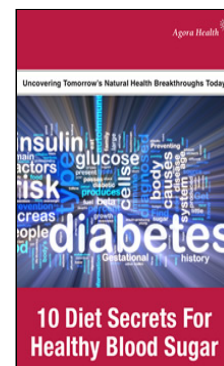
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